



**Harpist Delyth Jenkins has been a Music in Hospitals & Care musician since 2017, playing a mix of traditional Welsh music and her own compositions in a variety of settings.**

**We have recently been working with Delyth and Hywel Dda University Health Board to bring live music back into critical care at Glangwili, Withybush and Prince Philip Hospitals in South Wales.**

“The patients in critical care are seriously ill and their family and loved ones are feeling stressed and emotionally drained. The music helps to relieve that pain, whether it’s physical or emotional.

I play the Celtic harp, but I also have a smaller harp that I play in hospitals because I can be mobile and move from bed to bed. I try to introduce some familiar tunes. For example, if there was a man who sings in a male voice choir, I might play some Welsh hymns.

There is not always an obvious response to the music. Some of the patients might not be able to move or speak. For someone in this situation, their illness can sometimes make them feel locked into their bodies and the music is a way of

helping them to escape. It could be eyes opening, a foot moving in time to the music, the gesture of hands going to applaud, or it could be a smile.

I’ve had one member of staff say to me ‘it’s just lovely to hear something other than the continual bleeping of machines,’ and many others have said how soothing and relaxing they find the music.

I was playing at the bed of a man who was unconscious. He hadn’t spoken for over a week and his family were all gathered round. When I finished playing, he spoke. He said ‘that was beautiful,’ and there wasn’t a dry eye in the house. The family, me, and the staff as well, who were so surprised and delighted to see such a positive effect on the patient.

As musicians, our playing is informed and inspired by the listener’s response. I think this is particularly so with critical care. Every response from a patient here is really valuable and it’s so humbling to be back playing for them.”

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Scan the QR code with your phone camera to watch our full conversation with Delyth, or visit [mihc.org.uk/delyth-icu](https://mihc.org.uk/delyth-icu).



# What a Year

2021/22 was a milestone year for Music in Hospitals & Care. We were able to get #BackToLive sharing music in person throughout the UK for the first time since the start of the pandemic.

It is still an ongoing journey. We continue to take our lead from health and care settings as we work collaboratively to have the greatest impact for everyone.

Our latest annual report focuses on the people who make our live music experiences possible. From our professional musicians, staff and trustees through to the health and care staff we work with and all of our supporters. We couldn't do it without you.



reached over  
**30,000**  
people with the healing  
power of live music



worked with  
**334**  
professional  
musicians



broadcasted  
**271**  
#MusicEveryDay  
live streams



shared  
**936**  
in person live  
music experiences



After the live music:  
**96%** of people were more  
relaxed and happy  
**70%** interacted more with  
staff and peers

Scan the QR code with your phone  
camera to read the full report on our  
website, or visit

[mihc.org.uk/annual-report-2021-22](https://mihc.org.uk/annual-report-2021-22).



## Moving to the music

**There is a lot of scientific evidence to support the idea that music triggers a response in the brain and can help with movement and communication. We are excited to be working with hospitals to explore live music in a neurological setting.**

Neurological conditions can affect the brain, spinal cord, nerves and muscles. This could be due to a sudden event such as an acquired brain injury or a stroke, a long term condition such as epilepsy or cerebral palsy, or a progressive illness such as Parkinson's disease or motor neurone disease.

In Dundee we are trialling a programme of live music with singer guitarist Dave Webster at the Royal Victoria Hospital's new Centre for Brain Injury Rehabilitation. Six pilot sessions will take place over the next

few months as part of a redesign of stroke and brain injury services across Tayside.

Over the past couple of months, guitar and fiddle duo Brendan Popplestone and Brian McAteer have been visiting the Neurology Unit at Musgrave Park Hospital in Belfast. The unit provides respite care, assessment, monitoring and rehabilitation, as well as permanent beds for neuropalliative patients (those facing life limiting serious neurological illness).

The ward manager said: "We had a patient who had received bad news that morning. He came to the session and said the music made him feel like dancing. The musicians played a jig and he danced around the day room in his powered wheelchair. It was a sight to see."



## “Live music is essential for patients in critical care”

**Caroline Barker has been a Senior Charge Nurse in the Royal Infirmary of Edinburgh’s Intensive Care and High Dependency Units for over 25 years. Our musicians have recently been able to go back into critical wards at the hospital for the first time since before the pandemic.**



“The ward is a very fast paced environment and can be stressful and noisy for patients and relatives with multiple alarms, buzzers and staff interactions. We aim to have a quiet hour in the middle of the day when we put down the lights and try, where possible, not to be hands on with the patients.”

“Patients have had such a positive response to the live music and we really missed it over past two years. For patients who are awake it is a link to normal life. Some sedated patients on ventilators we see relax, with a noticeable change in their vital signs. For those who are agitated and distressed, we can see the calming effects when they are listening to the music.

I think live music is essential for the patients and their relatives in critical care as it helps to make the experience feel a little more human and less frightening. It evokes many memories, particularly for our older patients, and this helps staff to learn and connect more with the patient in the bed. Many patients are also able to request a tune which is lovely.

The live music sessions are well received by staff - it is very calming and allows us all to stop for a moment and enjoy it with the patients. It brings a human touch to us all in this very busy environment. We can feel ourselves relax and it lifts the atmosphere.”

## Festive fundraisers

**Every three years the Buxton Musical Society stages Handel’s Messiah in December. They have generously chosen to fundraise for Music in Hospitals & Care at their last two performances.**

The latest was also their first performance after a long break due to lockdown, which made it even more special for both the society and the audience. The collection after the concert raised over £300.

Kathryn, the society’s Chair, said: “The benefits of live music are clear to all of us who are members of music groups. Music in Hospitals & Care plays a vital role in bringing the healing power of music to those who need it most and Buxton Musical Society are privileged to be able to support such a fabulous organisation.”

Could your choir or musical group donate a performance or retiring collection this Christmas, or in celebration of our 75th anniversary next year? Please email [hello@mihc.org.uk](mailto:hello@mihc.org.uk) for more information about how we can support you.





## Singing and signing at Kites Corner

**Alexander is two years old and lives at home with his parents and two older brothers. They go to Kites Corner in Gloucester for respite care and daytime support. We recently joined them there for a family music day.**

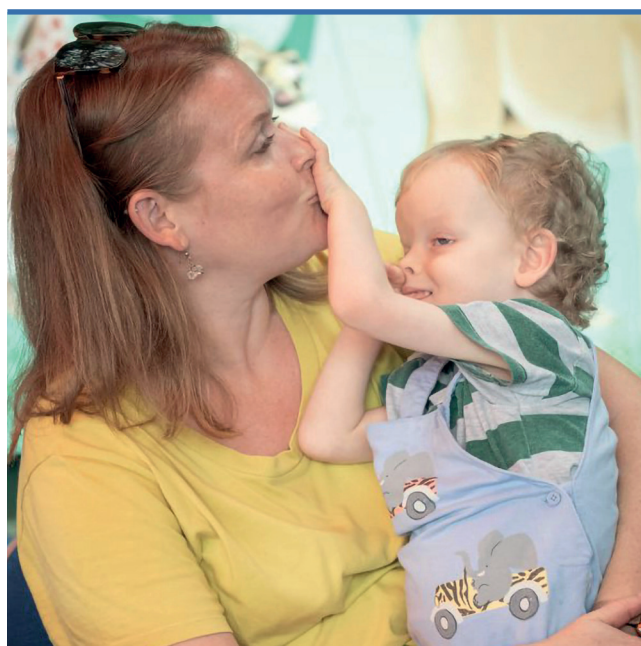
“Kites Corner is our purpose built multi-sensory respite centre and gardens here at James Hopkins Trust,” says Jo Bowden, Play Leader. “We provide support for families with children who have a life limiting or life threatening condition.”

“We had a huge shock with Alexander’s diagnosis,” says Louise, Alexander’s mum. “There was nothing out of the ordinary during pregnancy, but from the moment I held him I just knew. It was a long process to convince GPs and health visitors, but eventually Alexander was diagnosed with Jouberts syndrome. It is incredibly rare, which is maybe why it was so difficult for professionals to recognise his symptoms or place them together.

He is progressing well and doing the best he can. From that little floppy baby, we now have a stronger boy who is holding his head up and even attempting to sit independently. He requires full support with feeding, is nonverbal and has a visual impairment, but it doesn’t stop him from communicating his wants and needs.”

Jo: “Many of our children have sensory needs and music is a great way to communicate with them. We have a daily singing time and for some of the children this is their first introduction to singing and signing. It is wonderful to watch them as they begin to join in the actions to the songs.

It was great to have musician Annie from Music in Hospitals & Care come to share an hour of upbeat songs for families to join in with. She then played some more calm and relaxing music, which really helped the children to wind down. It is lovely to have some live music at Kites Corner to bring the families together in a relaxed social gathering that allows them to meet people they may not otherwise see.”



Louise: “Alexander responds really well to music and we love to sing together as a family. I came along to the music day with all three of my boys and we had a great time. Alexander loved doing the actions along with the nursery rhymes so I know he thoroughly enjoyed it – his smile proved it too.”

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